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Psychodermatology: Current concepts and future prospects

Mohammad Jafferany
Central Michigan University, USA

Psychodermatology is a relatively newer subspecialty gaining momentum. It encompasses the interface of dermatology and psychiatry. The psychiatric aspects of skin disease and dermatological manifestations of psychiatric conditions, cutaneous sensory syndromes, and the effects of psychiatric drugs on skin and psychiatric side effects of dermatologic treatment fall in the domain of psychodermatology. Approximately 40-45% of dermatology patients have some kind of psychiatric condition which may either cause or exacerbate the dermatological problem. The role of psychoneuroimmunology in the causation of psychocutaneous disorders have been emphasized at both molecular and cellular levels. Various neuropeptides, hormones and cytokines have been implicated in the pathogenesis of these disorders. Recently interest has developed in Epigenetics and its role in various psychosomatic conditions including psychocutaneous disorders. Classification of current psychodermatological disorders and their diagnosis and treatment approach have been discussed. The crucial role of dermatology and psychiatry liaison clinics and the importance of continuing medical education and incorporation of psychodermatology didactics in dermatology residency training programs is highly recommended.

info@drjaff.com

Skin microdialysis as a tool to study dermal pharmacokinetics of drugs

S Narasimha Murthy
The University of Mississippi, USA

The treatment of skin diseases using therapeutic agents requires the drug to distribute well in the skin. The dermatokinetics of drugs is the main determinant of efficacy of treatment of skin disorders. The methods of drug sampling from the dermal tissue such as biopsy sampling are blister fluid aspiration is invasive and associated with limitations and complication. Dermal microdialysis is a minimally invasive method of sampling drugs from the dermal extracellular fluid. Dermal microdialysis has been utilized in investigating bioequivalence and bioavailability studies of topical formulations. The applications, advances, limitations and future directions of dermal microdialysis technology will be discussed in this talk.

murthygroup@gmail.com

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